

## Consumer Self Assessment: T-1

Name : \_\_\_\_\_ Date : \_\_\_\_\_

Sex: Male Female Age: \_\_\_\_\_ ID: \_\_\_\_\_ Unit: \_\_\_\_\_

For each question below, please select the option which most closely matches your own feelings or situation. Indicate your selection by darkening the small circle next to the best alternative.

1. How have you been feeling during the past week or two?

- 1 O - In excellent spirits
- 2 O - In very good spirits
- 3 O - In good spirits mostly
- 4 O - I have been up and down in spirits a lot
- 5 O - In low spirits mostly
- 6 O - In very low spirits

- 2 O - Very happy
- 3 O - Fairly happy
- 4 O - Satisfied, pleased
- 5 O - Somewhat dissatisfied
- 6 O - Very dissatisfied

2. Have you been bothered by nervousness or your ? nerves? during the past week or two?

- 1 O - Extremely so - to the point where I could not work or take care of things
- 2 O - Very much so
- 3 O - Quite a bit
- 4 O - Some - enough to bother me
- 5 O - A little
- 6 O - Not at all

- 1 O - Yes, almost more than I could bear or stand
- 2 O - Yes, quite a bit of pressure
- 3 O - Yes, some - more than usual
- 4 O - Yes, some - but about usual
- 5 O - Yes, a little
- 6 O - Not at all

3. Have you been in firm control of your behavior, thoughts, emotions, or feelings during the past week or two?

- 1 O - Yes, definitely so
- 2 O - Yes, for the most part
- 3 O - Generally so
- 4 O - Not too well
- 5 O - No, and I am somewhat disturbed
- 6 O - No, and I am very disturbed

7. Have you had any reason to wonder if you were losing control over the way you talk, think or feel during the past week or two?

- 1 O - Not at all
- 2 O - Only a little
- 3 O - Some, but not enough to be concerned or worried about
- 4 O - Some, and I have been a little concerned
- 5 O - Some, and I am quite concerned
- 6 O - Yes, very much so and I am very concerned

4. Have you felt so sad, discouraged, hopeless or had so many problems that you wondered if anything was worthwhile during the past week or two?

- 1 O - Extremely so - to the point that I have just about given up
- 2 O - Very much so
- 3 O - Quite a bit
- 4 O - Some - enough to bother me
- 5 O - A little bit
- 6 O - not at all

8. Have you been anxious, worried or upset during the past week or two?

- 1 O - Extremely so, to the point of being sick, or almost sick
- 2 O - Very much so
- 3 O - Quite a bit
- 4 O - Some, enough to bother me
- 5 O - A little bit
- 6 O - Not at all

5. How happy, satisfied, or pleased have you been with your personal life during the past week or two?

- 1 O - Extremely happy - could not have been more satisfied or pleased

- 1 O - All the time
- 2 O - Most of the time
- 3 O - A good bit of the time
- 4 O - Some of the time
- 5 O - A little of the time

6 O - None of the time

2 O - Most of the time

3 O - A good bit of the time

4 O - Some of the time

5 O - A little of the time

6 O - None of the time

10. Have you been feeling emotionally stable and sure of yourself during the past week or two?

1 O - All the time

11. How often have you used alcohol during the past 30 days or so?

1 O - Several times (4 or more ) a week

2 O - Two or three times a week

3 O - About once a week

4 O - Only once or twice a month

5 O - Have not used in the last 30 days

6 O - Used, but more than 30 days ago

7 O - I have never used alcohol

12. How often have you used ? street? or unprescribed drugs during the past 30 days or so?

1 O - Several times (4 or more ) a week

2 O - Two or three times a week

3 O - About once a week

4 O - Only once or twice a month

5 O - Have not used in the last 30 days

6 O - Used, but more than 30 days ago

7 O - I have never used alcohol

13. How much difficulty have you had in controlling your use of alcohol or other drugs during the last 30 days?

1 O - Quite a bit of difficulty - it has been pretty hard sometimes

2 O - A fair amount of difficulty - it has been a challenge

3 O - Some difficulty, but I have managed fairly well

4 O - very little difficulty

5 O - None at all - it has been easy

6 O - I have never used any alcohol or drugs

14. Do you agree or disagree with the following statement:

? A lot of my problems are because of using alcohol or other drugs.?

1 O - Agree entirely

2 O - Mostly agree

3 O - Agree a little

4 O - Neither agree or disagree

5 O - Disagree a little

6 O - Mostly disagree

7 O - Disagree entirely

8 O - I have never used alcohol or other drugs

15. How much of a problem is your use of alcohol or other drugs? - Would you say:

1 O - It's a really serious problem

2 O - It a major problem for me

3 O - It's a pretty big problem for me

4 O - It's more trouble than it's worth

5 O - It's causing me some difficulties

6 O - It's a bit of a problem

7 O - It has been a problem in the past, but is not a problem now

8 O - It has never been a problem

9 O - I have never used alcohol or other drugs

For question 16 please indicate how much you agree or disagree with the statement based on your experience at our mental health center:

	Agree			Neutral		Disagree		
	Strongly	Mostly	Some			Some	Mostly	Strongly
16. I am satisfied with the amount of time it took from first contact for mental health services until my first appointment.	O	O	O	O	O	O	O	
	7	6	5	4	3	2	1	

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